

**REFERRAL TO LOCAL PHARMACY -   
NO PRESCRIPTION REQUIRED**

You have a common condition that can be treated with a medication that is available to buy over the counter from your local pharmacy.

You do not need to make an appointment to speak to the pharmacist, just pop in anytime and they will be happy to help you.

Ask the pharmacist for help and advice on the most appropriate medication to relieve your symptoms for:

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| --- | --- | --- | --- |
| Aches and pains (minor) |  | Head lice |  |
| Athlete’s foot |  | Heartburn and indigestion (mild) |  |
| Cold sores |  | Infant feeding |  |
| Colic |  | Nappy Rash |  |
| Constipation (occasional) |  | Oral health |  |
| Coughs and colds |  | Sore throat |  |
| Diarrhoea (occasional) |  | Sunscreen |  |
| Ear wax |  | Teething |  |
| Fungal nail infections |  | Threadworm |  |
| Haemorrhoids (Piles) |  | Vaginal Thrush |  |
| Hay fever and allergies |  | Vitamins |  |
| Headache and migraine (mild) |  | Other: |  |

**If at any time you are concerned about your condition or if your symptoms are not improving after a few days of treatment with the over the counter medications you should contact the local pharmacist or the surgery for more advice.**

Please contact the surgery for further advice on [02890458722]

For more information visit

<https://www.nidirect.gov.uk/articles/community-pharmacists>

<http://niformulary.hscni.net/PatientZone/SC/Pages/default.aspx>